Beautiful You



FIVE STEPS TO EMOTIONAL HEART HEALING

EBOOK

WITH MIRIAM SMOUT



MY STORY

In my 40's I hit a wall. I didn't know what it was but I knew I'd hit something. I became stuck, trapped, and I was spinning around in circles. You see I knew something was wrong but I didn't know what and I didn't know what to do about it. I felt like I'd been in a battle and I wasn't winning ☺ I discovered the power of working on myself and healing wounds that resulted from life experiences. Just surviving my way through life had wearied me. I learned how to exchange these survival skills with life skills so I could live out of my purpose and true identity.

FOUND A MENTOR

I made several attempts at trying to find help through a psychologist and a counselor and while it helped to some extent I didn't find the freedom I was looking for. I managed to find a mentor. Someone who had done the journey of getting unstuck and who could guide me through to help me find my way out of the mess I was in. She was encouraging, non-judgmental, empowering, and inspiring as I learned what I needed to do and how to do it so I could get the transformation I needed from the IN-side-OUT. I learned how to get the wounds on my heart healed and live in alignment body, soul and spirit.



CAN YOU DO IT?

Could it be that easy you ask ....YES!
A decision, a choice is what it takes to get started. If you've tried and failed with this then I'm guessing you didn't have a strategy to move forward and most likely you've skipped or missed one or more of the five steps. These are the same five steps I used for my healing of heart wounds and what I use today as I mentor others to heal theirs.

BRIDGING THE GAP

What stops you from living in freedom and flourishing in your life?

Is there some pain, trauma, disappointment that seems to block you from getting to where you want to be?

That's the **GAP.**

Bridging the Gap can seem hard. Even impossible. But it's not. You just need to know what to do and how to do it.

That's where the FIVE STEPS come in ...

These are the five steps I used to bridge the GAP in my life. Choosing to bridge the GAP started my journey to becoming the true, genuine, authentic me that I was created to be. The Beautiful me and the Beautiful YOU that we deserve to be. Valued, Treasured, and Loved for who we truly are.

No more GAPS ... no more of your past stalking you out and pulling you back and stopping you living fully in the present and stopping you enjoying a beautiful future.

The Five Steps work on the INside of you so you can be fully aligned and live out of The Beautiful YOU. The true, authentic, genuine YOU that you are and deserve to be.

Beautiful You
FIVE STEPS TO A BEAUTIFUL YOU

THE FIVE STEPS TO A *Beautiful You*



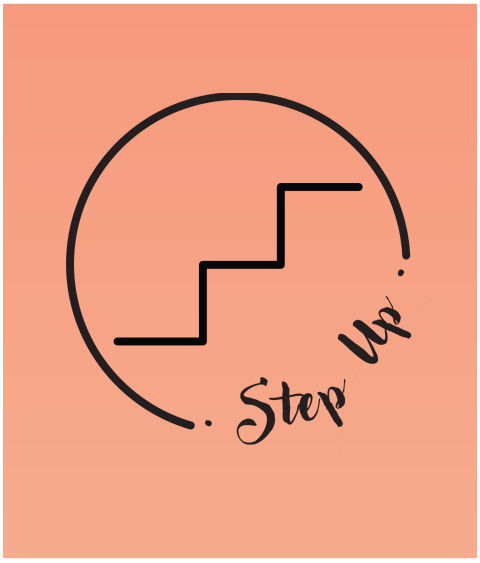
Step 1.

Identify what has shaped you and made you who you are today, both the good and bad. Your memories shape you up in each season of your life. Each memory leaves an imprint on your life. Being able to identify these is the beginning of the process of emotional healing.

Step 2.

Identify the challenges and difficulties that have shaken you up. Be honest and courageous to revisit and name the shake-ups. This enables you to accept their influence on your life. Identifying them and calling them out is the next step in a powerful part of the emotional healing process.



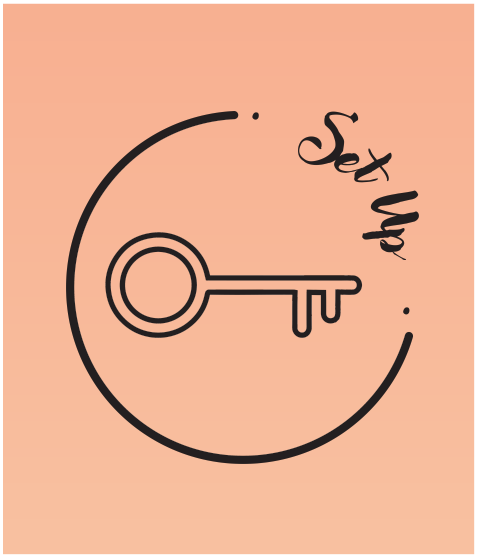


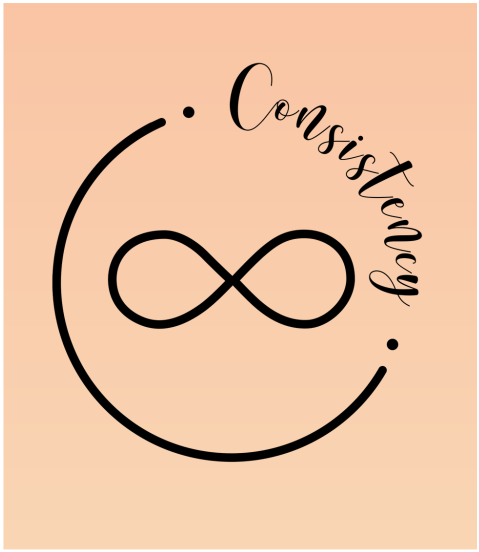
Step 3.

Identify ways you have used to process your shake-ups. We have "default" ways to deal with these and some serve us well and others don't. In what ways have you stepped up and out of your shake-ups? Some will be ways to keep others are survival skills that are no longer serving you well. Discovering what you should keep and what needs to go happens here in the Step-UP.

Step 4.

Setting yourself up for success requires an action plan so you can achieve your goal of becoming the true, genuine, authentic Beautiful YOU. You learn new skills in the Set-UP and you learn ways to replace survival skills with life skills. This way you can be intentional and have a strategy to set yourself up in an emotionally healthy place moving forward.





Step 5.

Consistency Consistency Consistency

Staying consistent and choosing to be intentional so emotional heart healing is consolidated is an essential part of the process. Consistency is the part that will frame up your growth and consolidate emotional heart healing as you learn to apply and practice new skills and strategies.



NOTES TO REMEMBER

TODAY

Your past does not have to define your future. if you are going to heal your emotions you will have to do something different and maybe radically different from what you've done before. Do you know what that needs to be? These five steps give process and structure to the healing journey.

TAKE ACTION

Don't waste another week, month or year wondering about this.....DO IT and silence the voices, the lies, and heal your emotions. Take action to break the patterns so that you heal the memories and frame up new pathways to be the BEAUTIFUL YOU you really are and deserve to be.

Emotional Heart healing

My answer has been YES for nearly two decades now. However, doing this alone can be hard and for me it was necessary to find support and encouragement on my journey. I couldn't have done it without the mentors and encouragers that came at just the right time for me.

Beautiful You

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